

**AMENDMENTS TO THE CLAIMS**

Please amend the claims below by deleting items with a strikeout (i.e. ~~patent~~) or brackets / double brackets(i.e., [patent] or [[patent]]) and adding items with an underline (i.e. patent).

1. Canceled
2. Canceled
3. Canceled

4. (Currently Amended) [[The]] An exerciser [[of Claim 4,]]apparatus comprising:  
a pair of jump rope exerciser handles that simulates the effects of jumping rope, each handle forming a linearly elongated grasping member having a first end opposite a second end aligned along a symmetrically balanced central axis;

at least one weighted ball;

a donut-shaped enclosure mounted to said handle along and perpendicular to said symmetrical axis, said enclosure forming a circular outer sidewall annularly separated from a circular inner sidewall such that said outer sidewall and said inner sidewall bound and form smooth inner channel that retain and guide said weighted ball such as to form a circular track perpendicular to and symmetrically about said centerline of said handle; and

a flexible stretching member attached at said first end., where said flexible stretching member retained at each end within said chamber by terminated each end with an anchor means and retaining one anchor means within a chamber of each said handle.

5. (Currently Amended) The exerciser of Claim ~~[[1]]~~ 4, further comprising a timer incorporated within said handle.
  
6. (New) The exerciser of claim 4, further comprising:
  - a hollow chamber formed in said handle;
  - said first handle end forming a chamber orifice to provide access to said hollow chamber;
  - a threaded end cap threadably engaged with a threaded neck portion to seal the hollow chamber.